



## MINUTEMAN SPORTS CLINICS

### BASEBALL

All participants will learn new skills to improve their overall game play.

**Jason Rajotte**, LHS P.E. teacher, will guide participants through activities such as throwing, hitting, base running, and all aspects of fielding. Through fun activities and modified games, participants will learn the skills needed to be successful on the diamond. Children need a baseball glove, water, and a snack. ***No Swimming.***



### JUNIOR GOLF PROGRAM

This program at Pine Meadows led by **Jason Rajotte**, LHS P.E. teacher, encourages teenage golfers to play with friends, while improving their game. Each time on the course will allow participants to reinforce previously taught skills. Instruction will focus on golf etiquette, rules of play, and other focal points within the game of golf. Players must have playing experience and provide their own equipment. Fee includes general instruction and greens fees. ***No Swimming.***

### STREET HOCKEY CLINICS

Street Hockey will be a co-ed clinic run by **Mandy Ciarletta**, LHS P.E. teacher. This program will focus on gradual skill development of the various skills associated with street hockey (stick handling, shooting, passing, etc.) and also some game-related strategies. The clinic will end with a street hockey mini tournament.

### SKATEBOARDING CLINICS

Learn the fundamentals of skateboarding at the Lexington Skate Park. Both sessions, directed by **Kyle George**, will emphasize basic techniques, use of the park, and safety, with instruction on tricks using ledges, ramps, and rails. Beginners welcome. **All participants must bring a skateboard and helmet.**



### TOUCH RUGBY



Learn the basics of the game of rugby in this clinic run by Lexington Public Schools staff member, **Chris Wai**. This clinic will teach the basic rules of the up-and-coming sport of rugby. This is a **non-contact** clinic and all participants will engage in drills, skills-based games, and touch rugby games to further develop their endurance, hand-eye coordination, and stamina.

### NEW

### BADMINTON

Under the direction of **Vic Cuzzupe**, Lexington Public Schools P.E. teacher, participants will be introduced to the basics of this fun, popular sport. Players will learn to serve, rally, and volley and will work on skills and participate in games and tournaments. Badminton is great aerobic exercise that helps increase endurance, reflexes, and hand-eye coordination.

### BOYS LACROSSE

This program, led by LHS teacher and Boys Lacrosse Head Coach **Dave Walsh**, will introduce participants to the basics of lacrosse, one of the fastest growing youth sports in America. Intended for those who have never played the game before, this clinic will approach the game in a fun, low-impact manner, focusing on stick-handling, scoring, and modified team-play. Participants will need to wear a mouth guard, but all other equipment will be provided.



### NEW

### GIRLS LACROSSE

This program, led by LHS Girls Lacrosse Head Coach **Kerry Richmond**, will introduce participants to the basics of lacrosse, one of the fastest growing youth sports in America. Intended for those who have never played the game before, this clinic will approach the game in a fun, low-impact manner, focusing on stick-handling, scoring, and modified team-play. Participants will need to wear a mouth guard and bring a lacrosse stick and goggles.

### NEW

**Fee:** \$110/week

**Ages:** 6–10

**Weeks:** July 11th–14th & July 25th–28th

**Time:** 8:30am–12:00pm

**Location:** Lincoln Park Little League Field

**Fee:** \$170

**Ages:** 13–18

**Dates:** July 18th–21st

**Time:** 1:00pm–4:00pm

**Location:** Pine Meadows Golf Club, Cedar St.

**Fee:** \$110/week

**Ages:** 7–12

**Weeks:** June 27th–30th & July 11th–14th

**Time:** 8:30am–12:00pm

**Location:** LHS Field House

**Fee:** \$110/week

**Ages:** 6–10

**Weeks:** June 27th–30th & August 8th–11th

**Time:** 8:30am–12:00pm

**Location:** Lexington Skate Park, Worthen Rd.

**Fee:** \$110

**Ages:** 8–13

**Dates:** August 8th–11th

**Time:** 8:30am–12:00pm

**Location:** Center Track Field

**Fee:** \$110/week

**Ages:** 8–16

**Weeks:** July 5th–8th (Tuesday-Friday) and  
August 15th–18th

**Time:** 8:30am–12:00pm

**Location:** LHS Gymnasium

**Fee:** \$110

**Ages:** 7–12

**Dates:** June 27th–30th

**Time:** 8:30am–12:00pm

**Location:** Lincoln #1

**Fee:** \$110

**Ages:** 7–12

**Dates:** June 27th–30th

**Time:** 8:30am–12:00pm

**Location:** Lincoln #2



## MINUTEMAN SPORTS CLINICS

### MULTI-SPORTS CLINICS



This co-ed Minuteman Clinic, led by either **Vic Cuzzupe** or **Chris Wei**, aspires to use sports participation and learning as a means to improve self confidence, enhance the love and enjoyment of sports through skills development, and to reinforce the importance of fairness, cooperation, and team play during daily games.

### BOYS HOOP I

Under the direction of **Bob Farias**, former LHS Boys Varsity Basketball Coach, the emphasis of this basketball clinic will be on the improvement of individual and team skills through drills, demonstrations, games and contests.



### GIRLS HOOP I

The emphasis of this program, directed by LHS Girls Varsity Basketball Coach, **Steve Solly**, will be to reinforce basic skills and promote new skills, with drills, contests, and game play. Participants should bring a snack, lunch, bathing suit, and towel. From 1:00–3:00pm, the girls will be swimming at the Town Pool. Afternoon pick-up will be at the Town Pool.

### CO-ED VOLLEYBALL

Under the direction of **Barbara Locke**, Woburn coach and teacher, participants will be introduced to the basics of serving, hitting, spiking, and setting. Fun games and activities will be used to engage the enthusiasm of all players.



### FIELD HOCKEY

Join **Barbara Locke**, Woburn H.S. Varsity Field Hockey coach and former U.S. Field Hockey Team member, to learn the basics of field hockey and improve skills. Participants should bring water, field hockey stick, goggles, shin guards, & mouth guard.

### GIRLS HOOP II

Join LHS teacher and Girls Varsity Basketball Coach **Steve Solly** to develop and improve basketball skills and teamwork. Games, drills, demonstrations, and fun contests will be used to teach and reinforce skills.



### BOYS HOOP II

Led by **Bob Farias**, former LHS Boys Varsity Basketball Coach, this program will reinforce basic skills and promote new skills with drills, contests, and game play. Participants should bring a snack, lunch, bathing suit, and towel. The boys will have the chance to swim from 2:00–3:00pm. Afternoon pick-up will be at the Town Pool.



### SUMMER TRACK CLINIC

Participants will experience a new approach to Track and Field under the direction and guidance of **Russ Bosbach**, Bridge School P.E. teacher. The clinic is for any child who would like to participate on a school track team or simply wants to have fun and learn some regular exercise techniques. Daily activities will give the athlete a chance to practice a variety of track events and learn the tenets of proper fitness.

**Fee:** \$110/week  
**Ages:** 6–12  
**Weeks:** June 27th–30th, July 25th–28th, August 1st–4th, and August 8th–11th  
**Time:** 8:30am–12:00pm  
**Location:** Center #2 Softball Field

**Fee:** \$110  
**Ages:** 8–13  
**Dates:** July 5th–8th (Tuesday-Friday)  
**Time:** 8:30am–12:00pm  
**Location:** Center Basketball Courts

**Fee:** \$160  
**Ages:** 8–13  
**Dates:** July 11th–14th  
**Time:** 9:00am–3:00pm  
**Location:** LHS Gymnasium

**Fee:** \$110  
**Ages:** 8–14  
**Dates:** August 8th–11th  
**Time:** 8:30am–12:00pm  
**Location:** LHS Gymnasium

**Fee:** \$110  
**Ages:** 8–13  
**Dates:** July 18th–21st  
**Time:** 8:30am–12:00pm  
**Location:** Lincoln #1

**Fee:** \$110  
**Ages:** 8–13  
**Dates:** July 18th–21st  
**Time:** 8:30am–12:00pm  
**Location:** Center Basketball Courts

**Fee:** \$160  
**Ages:** 8–13  
**Dates:** July 18th–21st  
**Time:** 9:00am–3:00pm  
**Location:** LHS Gymnasium

**Fee:** \$110/week  
**Ages:** 8–14  
**Weeks:** July 25th–28th & August 1st–4th  
**Time:** 8:30 am–12:00pm  
**Location:** Track @ Center Recreation Complex

UNLESS OTHERWISE NOTED, MINUTEMAN CLINICS WILL BE OFFERED MONDAY–THURSDAY EACH WEEK (with Friday as a rain date). PARTICIPANTS WILL SWIM FROM 11:30am–12:00pm (half-day programs) OR 2:00–3:00pm (full-day programs). PICK-UP IS AT THE TOWN POOL ON WORTHEN ROAD.